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See p2

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CAR giant Ford has announced a major restructuring of its European operations that will result in hundreds of job losses at its centre in Dagenham.

The stamping and tooling operations in Dagenham, which employ around 750 people, will close next year along with the vehicle assembly plant in Southampton, which builds the current Transit model. Ford says the move – along with others across Europe including the ending of production at its major facility in Genk, Belgium – will save between \$450-\$500million (£280-310m).

The firm says Ford Europe is facing projected losses of £1.5billion for 2012 with a 20 per cent drop in total industry vehicle demand in Western Europe since 2007 and sales at a 20-year low.

Alan Mulally, Ford president and CEO, said: "Using the same One Ford plan that led to strong profitability in North America, we will address the crisis in Europe with a laser focus on new products, a stronger brand and increased cost efficiency."

Ford has announced plans to invest in a new high-tech diesel engine range at Dagenham, while a new engine will be designed and developed at Dunton Technical Centre, which employs 3,500 people.

The changes in the UK will affect 1,400 Ford staff members, with 1,100 losing their jobs.

"We recognise the impact our actions will have on many employees and their families and we will work together with all stakeholders during the necessary transformation of our business," Mr Mulally added.

However, union Unite has accused Ford of a 'betrayal of its loyal workforce' and has vowed to fight the closures, which it feels will have far-

reaching consequences beyond Ford.

"This announcement has been handled disgracefully," said general secretary Len McCluskey. "Only a few months ago Ford was promising staff a new Transit model for Southampton in 2014. The planned closures will really hurt the local economies and the supply chain will be badly hit – up to 10,000 jobs could be at risk."

The news came as the Government announced the UK was pulling out of recession and Mr McCluskey has called on the Government to do its bit to save the jobs under threat.

"[The Transit] has a future in the UK if this government is prepared to fight for real jobs and persuade Ford to keep manufacturing vehicles in the UK," he said. "It's now time for Vincent Cable [Business Secretary] to put his words into action and intervene for the sake of British manufacturing and skilled jobs."

That view was echoed by Councillor Liam Smith, leader of Barking and Dagenham Council. He said: "I would like to call on the management of Ford and the Coalition Government to seriously consider the impact this decision will have on a borough like Barking and Dagenham where Ford is one of the major employees and has been since 1931."

Jon Cruddas, MP for Dagenham and Rainham, said: "We had been fighting to secure more investment and jobs through getting the new panther engine and were blindsided by the closure of the stamping and toolroom facilities."

"On the one hand I am very disappointed about the announcement of the closures and on the other am relieved about the engine investment. It is overall a bad day for manufacturing in the UK and here in Dagenham"



**HISTORY:** Ford marked the 40th anniversary of the Transit with a convoy across the QEII Bridge – now the model will cease production at Southampton with job losses there and at Dagenham.

© Ford Motor Company

### Residents sprayed

THREE men entered a house in Markhouse Avenue, Walthamstow, and assaulted residents with an 'irritant spray' after demanding property from them.

It happened at around 1.50am on Tuesday morning and police are trying to trace the culprits. They are described as white, aged 25-35 and possibly of Eastern European origin. Information to DC Featherstone on 020 3276 0945.

### House raided twice

DETECTIVES have appealed for information following two burglaries in 15 days at the same house in Loughton.

Thieves first broke into the property in Danbury Road on October 4 and then for a second time on October 19.

They took watches and jewellery and computer equipment.

Those with information should call DS Patrick Mullan on 101.

### Orchestra performs

BANCROFTS School, in Woodford Green, will host Woodford Symphony Orchestra later this month.

The concert takes place at 7.30pm on Saturday, November 17, and will feature the works of Mendelssohn, Vivaldi and Schubert.

For more details call 020 8924 9370 or 020 8519 6491.

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## INSIDE this week



**Man missing  
for 25 years  
could be  
living in east  
London**

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**Editor:** Greg Fidgeon

**Publishing director:** Scott Wood

**Distribution manager:** Rob Rolfe

**Switchboard:** 01268 503400

**Advertising:** 01268 503450

**Fax:** 01268 503418/9 and 503455

**Editorial:** 01268 503468

**E-mail:** waltham@yellowad.co.uk

**Fax:** 01268 503480

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## Competition

# WIN! Step back in time with Magic of Motown

WE have teamed up with the promoters of the UK's busiest touring production, featuring the music of Motown Records, to give away 10 pairs of tickets to see the show.

The hit show from States, The Magic of Motown, is coming to Indigo2 at the O2 Greenwich on Thursday, November 22, during a tour of the UK's most prestigious venues.

The non-stop spectacular features 36 massive chart-toppers from The Supremes, Temptations, Four Tops, Jackson 5, Stevie Wonder, Marvin Gaye, Martha Reeves, Lionel Richie and many more.

An all-star cast, a talented live band that faithfully reproduces Motown's original Detroit sound, 16 sparkling costume changes and tightly choreographed dance routines make this a must-see show for all Motown fans.

"This year is a very special one as far as Motown is concerned," says show producer Michael Taylor. "It marks 50 years of number one hits from the world's favourite record label."

To mark the occasion, The Magic of Motown is preparing to sign, seal and deliver its biggest production ever in its nine-year history.

Tickets for the show, which starts at 8pm, cost from £27.50 to £30, and are available from the Box Office by calling 08448 440 002 or by visiting

[www.theindigo2.com](http://www.theindigo2.com)  
[www.easytheatres.com](http://www.easytheatres.com)

or

To win one of 10 pairs of tickets to the show just answer the following question.

**Q: How many massive chart-toppers does The Magic of Motown show feature?**

A: 16

B: 26

C: 36

To enter the competition telephone your answer - A, B or C - to 0901 307 1664 along with your name, address, telephone number and e-mail.

Alternatively text YAMAGIC (space) followed by A, B or C, and your name, full address and e-mail to 63333.

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Lines close on Thursday, November 8, 2012. Entries received after the closing date will not be counted but may still be charged.

### T&Cs

Tickets will go to the first entries drawn after the closing date. There is no cash alternative. Editor's decision is final.



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# Council is hoping to end pothole problem

BARKING and Dagenham Council has launched a campaign to rid the borough of back-street pot holes.

Save Our Streets aims to convince the government to invest more money in local highway maintenance. The council will argue that spending money on reactive works – filling in pot holes once they happen – costs more in the long run than relaying roads before serious pot holes appear.

A National Audit Office report on local transport, published last week, warns that reduced funding for local authorities risks worsening highway quality. The report points out the huge burdens placed upon local councils to invest in local transport, including highways.

Last month Barking and Dagenham announced a £6million programme of road re-surfacing covering 59 streets across the borough. This two-year programme comes on the back of a £22m Highways Improvement Programme, which re-surfaced streets in nine different areas up to 2011.

However, the authority says the reality is that these programmes have only scratched the surface.

Councillor Mick McCarthy, cabinet member for environment, said: "Our residents pay plenty of money out in road tax each year, and it's about time they saw some of that cash being spent on improving their local streets."

"It might seem like wishful think-

ing to be asking for more money during a time of government cut backs, but we feel that more revenue from road tax should be invested in our local roads. We also argue that it is more cost effective to invest in planned works rather than reactive maintenance, which is expensive and has to be re-done quickly.

"Some recent harsh winters have also led to a severe deterioration in road surfaces. There was some extra cash from government to cover this, but it wasn't enough.

"In the coming weeks we'll be making more suggestions as to how road maintenance could be made easier for local councils, and we'll be letting residents know how they can back Save Our Streets in Barking and Dagenham."

Many of Barking and Dagenham's streets were built around the same time, and are therefore deteriorating together – creating a maintenance time bomb. The borough also has relatively few roads maintained by Transport for London, creating more of a burden for the borough.

"We are doing what we can with the resources available, and I was delighted to be able to announce a £6million programme, which will make real improvements to some of our worst roads," added Mr McCarthy. "However, the reality is that there are many minor roads which we weren't able to include, despite the fact that they need to be re-surfaced."



**HOLE LOT OF WORK TO BE DONE:** Councillor Mick McCarthy inspects some of the potholes he hopes the campaign will help to fill in.

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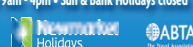
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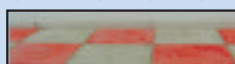
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**CELEBRATIONS:** Owner of NuSound radio, Taari Sian with Bollywood stars Amitabh Bhuchan and Chaz Boy.

## Celebrating Diwali

THOUSANDS of people are expected to join the Diwali celebrations inside Ilford's Exchange shopping centre on Saturday, November 10.

Throughout the day, food will be available from one of the area's finest restaurants to visitors.

There will also be music and dance all day.

East London radio station, NuSound fm, will be hosting a

fun packed day of live PAs and performances from Bollywood's finest stars, Mangai Singh, Pritraf and Dhruv ART.

There will be also be Hare Krishna dancers, children's crafts, poetry readings and free henna tattoos.

Taari from NuSound said: "This is going to be a great day, we've got music all day, food all day from South

Woodford restaurant called Red Mantra. There will be free henna tattoos for visitors, free head massages, and all sorts of children's entertainments."

Diwali is one of the most important festivals in the Hindu calendar to signify the triumph of good over evil.

Houses are cleaned to make the goodness feel welcome and people wear new clothes on the day.

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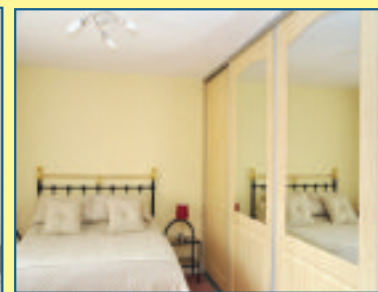
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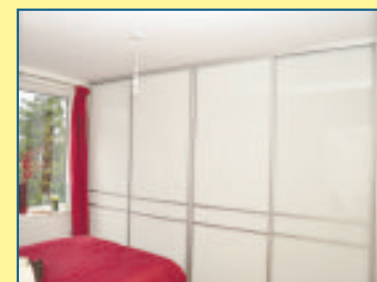


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# Man missing 25 years ago could be living in borough

POLICE believe a man who went missing in mysterious circumstances nearly 25 years ago could now be living in Barking and Dagenham.

Ian Andrew Bushell went missing in the winter of 1988 when he was 21 years of age.

He was living alone in a flat in Tilehurst Point, Tavy Bridge, Thamesmead. His father visited Ian's address only to find he was not there but all his possessions were still inside, in a scene like something from the Mary Celeste.

At the time officers launched a national media appeal, but Ian was never found. His disappearance was a true enigma and the police missing person case file remains open to this day - one of Bexley's most unusual and longest-running cases ever reported.

Sadly, both of Ian's parents have now passed away, but his sister has not given up hope of seeing her brother once again.

Detective Chief Inspector Gary Holmes said: "Earlier this year enquiries led my officers to a witness who had re-located to Barbados but told us Ian was seen alive and well in 2007 in Green Street, Upton Park.

"This gave us the breakthrough we needed. As the case nears its 25th anniversary we are making a fresh appeal in the hope of tracing Ian and reuniting him with his sister."

Police believe Ian is now living in Barking and Dagenham or Newham and may be using the name Adrian. He is now 46



**FRESH APPEAL:** Missing man Ian Andrew Bushell, who went missing 25 years ago.

years of age.

If you have any information, no matter what it is, if you know Ian or knew him at the

time please call Police in confidence on 101 or Bexley Missing Persons Unit on 020 8284 9111.



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WINNERS: Scott Lloyd and Ellie Sale celebrate their win.

## Couple scoop hospice's first anniversary lottery

THE first anniversary of Saint Francis Hospice's lottery proved something to celebrate for a Dagenham couple.

One of the £1,000-winning first prize tickets belonged to Scott Lloyd and Ellie Sale

Scott, 33, who runs his own training company, and Ellie, a 30-year-old paediatric palliative care nurse who works in Newham, plan to use their winnings to pay for Christmas presents.

Scott said: "My mum died from cancer and Ellie's nan died in a hospice so when we saw one of the Saint Francis Hospice Ambassadors visiting our road and encouraging people to join the hospice lottery we signed up."

Stuart Davis, 53, who lives in Wickford and works in Harold Wood, was the other winner. He has been playing the lottery since it began after responding to a mailing from the hospice announcing the launch. "I was so pleased to

receive a phone call to let me know I was one of the two winners on the first anniversary of this lottery," said Stuart.

Saint Francis Hospice launched its weekly lottery with an aim of raising £1million for patient care in the first four years. As an independent charity which employs more than 150 nurses, doctors and specialist care staff the funds the lottery raises are vital to continue providing specialist care, free of charge, to local people affected by a life-limiting illness.

There will be another special draw on Friday, December 28, with additional prizes including an iPad3, a 42-inch LG television and £300 of John Lewis vouchers, as well as the usual cash prizes.

To join the hospice lottery visit [www.sfh.org.uk](http://www.sfh.org.uk) or call 01708 771433. You can have up to 20 numbers a week and you can pay by direct debit.



FESTIVE: (L to R): Kay Boparai, John Fogarty and Wendy Henry from Sainsbury's Newbury Park start practicing for the Saint Francis Hospice Santathon.

## Store backs Santathon run

STAFF at a Newbury Park supermarket have been helping Saint Francis Hospice promote its annual Santathon run.

Dressed as Father Christmas – as well as a few Hallowe'en witches and vampires – staff at Sainsbury's collected cash as well as plugging the event, which takes place at Dagenham & Redbridge's Victoria Road ground, in Dagenham, on Sunday, December 2.

HR manager at Sainsbury's Newbury Park, Wendy Henry, said: "It's all gone extremely well and thanks to our customers and colleagues in the first few months we have already raised £1,966 that will help Saint Francis Hospice support people from Redbridge and the surrounding boroughs affected by life-limiting illness."

The store has been supporting

the hospice since July by hosting collections and "Donate, Don't Dump" days where people can take along unwanted items for the charity to sell in its shops.

The next of those events are on Thursday, November 22, and Saturday, December 8.

Hospice fundraiser Rochelle Hodds, who dressed as a witch for the day, said: "We are so grateful for the incredible support that staff at Sainsbury's Newbury Park have given us and we look forward to many more fundraising opportunities in the coming months."

Places for the Santathon are £10 for adults and £5 for children and include a free Santa suit. You can book online at [www.sfh.org.uk](http://www.sfh.org.uk) or e-mail [fundraising@sfh.org.uk](mailto:fundraising@sfh.org.uk) or call 01708 771405.



SPOOKY: Rochelle Hodds and Torren Mahmut entice shoppers at Sainsbury's Newbury Park to dip in to their pockets to help Saint Francis Hospice.

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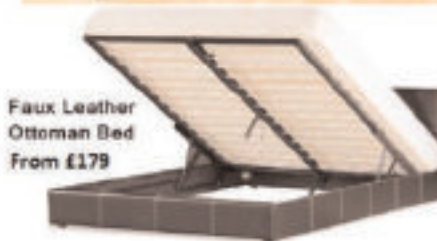


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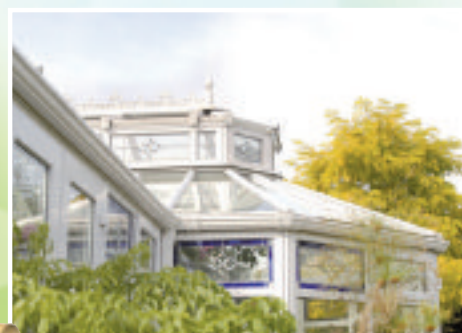
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# Hotel VAT fraudsters sentenced



**SENTENCED:** Stephen Nathan (above) and Robin Reichelt.



THREE men who fraudulently claimed almost £220,000 in VAT repayments by pretending to sell a Bloomsbury hotel they did not own, have been sentenced.

Robin Reichelt, Stephen Nathan and John Gibbs claimed to have sold the hotel from one of their companies to another, but HM Revenue & Customs (HMRC) investigators uncovered false invoices and a fictitious credit note used to fake the VAT repayment claim.

In 2005 Nathan, 63, of The Manor, Regents Drive, Chigwell, raised an invoice from his company Pure Energy & Power PLC for the sale of a lease on a hotel in Bloomsbury, London, that it did not own. This fraudulent invoice included VAT.

Reichelt, 60, of High Beech Road, Loughton, and 62-year-old Gibbs, from Maidstone, Kent, falsely claimed to have bought the hotel through their company A2Z Properties Ltd, and then proceeded to claim back the £218,750 VAT from the fictitious transaction.

Shortly after Pure Energy & Power PLC went into liquidation and A2Z Properties Ltd ceased trading.

All three men were charged in January 2010 with conspiracy to cheat the Public Revenue. Nathan and Reichelt were found guilty on July

7, 2011 at Southampton Crown Court. Nathan was sentenced to four years and five months in prison and disqualified from acting as a director for 15 years.

Reichelt was sentenced to three years and nine months in jail and disqualified from being a director for 10 years.

The jury could not agree a verdict on Gibbs at the original trial but before his re-trial he admitted his guilt and was sentenced last Friday to a one-year suspended jail sentence. He was also given a six-month supervision order, 200 hours community service and disqualified from becoming a director for 10 years.

Reporting restrictions had been in place preventing the publications of any of the defendants' details until last Friday's sentencing.

John Cooper, assistant director of Criminal investigation at HMRC, said: "This was a sophisticated and blatant fraud committed by three criminals who tried to beat the system but were caught."

"Frauds of this nature mean that our investigations are increasingly complex, but we are committed to pursuing those responsible so that they can be prosecuted and the money stolen from the British taxpayer recovered."

## Man dies in knife attack

ONE man has died and two others suffered injuries following a knife attack in Walthamstow on Sunday night.

Police were called to a property in Queens Road at around 9.25pm following reports of a disturbance. Officers and ambulance crews arrived to find the three suffering from knife wounds.

A 46-year-old man died at the scene and a post-mortem carried out on Tuesday afternoon gave the cause of death as a stab wound. He has not yet been named.

A 25-year-old woman and a 39-year-old man are both in a stable condition in hospital. The

man has also been arrested on suspicion of murder, but no charges had been brought at the time of going to press.

Detectives from the Homicide and Serious Crime Command are investigating under Detective Chief Inspector Tim Duffield, and an incident room has been opened at Hendon.

Ch Insp Duffield said: "I would urge anyone that was in the vicinity of Queens Road at around 9.20pm on October 28 to contact us. Your calls will be treated in the strictest confidence."

Anybody with information should call the incident room on 020 8358 0400 or, to remain anonymous, Crimestoppers on 0800 555 111.

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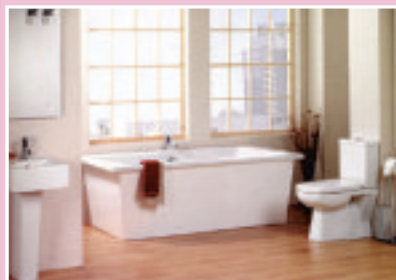
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# Football banning orders following racist chants

TWO men have been given three-year football banning orders after directing racist chants towards a group of schoolboys during an anti-racism event.

Four people were arrested following the incident at Dagenham & Redbridge FC's Daggers Against Racism match in March. Between 25 and 30 youths were seen and heard to be chanting racist slogans towards children as young as eight.

Instead of disrupting the match to make arrests, the ringleaders were quietly ejected from the stadium by police officers and club security. The main suspects were later identified and arrested when the club's CCTV of the incident was viewed.

Two boys – aged 16 and 17 – pleaded guilty to

racially aggravated public order offences in late July and were given four-month referral orders and three-year football banning orders.

Two others pleaded not guilty.

At Romford Magistrates Court on October 16, 18-year-old Lee Bates, of Seymour Road, Romford, changed his plea to 'guilty' for a Section 5 Public Order Act offence and was sentenced to a three-year football banning order, £135 fine and ordered to pay £115 in court costs.

Keith Meredith, 18, of Holgate Road, Dagenham, was found guilty of a Section 5 Public Order Act offence and was sentenced to a three-year Football Banning Order, £100 fine and ordered to pay £315 in court costs.

In addition to these sentences, a further 11 peo-

ple received varying bans direct from Dagenham and Redbridge FC.

Stephen Thompson, managing director for the club said: "The club works tirelessly to create a fully inclusive atmosphere at our games and throughout the whole club and is particularly pleased at the co-operation it received from our stewards, the Metropolitan Police and the vast majority of our supporters."

"We aim to provide a club facility that caters for families and gives everyone the opportunity to enjoy the match without the disruption of intolerance or bigotry. The club will continue to do everything in its power to take appropriate action against anyone who chooses to be involved in such abuse."

## Theatre project

AUDITIONS for a free drama project aimed at youngsters aged 15 to 19 take place next week.

Walthamstow's Grow Your Own Theatre will be using the new Arts and Crusts Cafe community space for their Wild Theatre drama project from Friday, November 9.

Eight local young residents will be using the space to both create a brand new show from scratch, and then perform their show over three nights, using every last inch of the unconventional venue.

The Wild Theatre project is funded by Chapel End Ward Forum as a response to residents' desire for positive opportunities for young people, and promises to give you three performances unlike anything you have ever seen before!

With no scripts, no fancy stage and possibly not even enough seats, the project relies on eight creative youngsters working with drama facilitators to push boundaries and explore new ways of telling their stories.

Creative director Sarah Chase, who lives in Chapel End, said: "We all have stories to tell, from the reason you were late for work to that horrible nightmare about a hamster. At Grow Your Own, we help young people turn their stories into entertaining and surprising theatre. And we get to learn a lot about ourselves on the way!"

Those aged 15 to 19 and who live or go to school in the Chapel End ward can apply to take part. Auditions take place from 6.30pm next Friday and rehearsals take place each Friday evening afterwards at the Arts and Crusts Cafe and community space, 19 Victoria Road, Walthamstow.

Register now at [www.gyot.org.uk](http://www.gyot.org.uk) or call Sarah on 07541 082 552.

## Litter pick success

A CONSERVATION group held a successful litter pick on Sunday and plan to make it a regular thing.

Friends of Wanstead Parklands hope to carry out the collections in Wanstead Park on a monthly basis.

Over the course of two hours on Sunday, 10 members and supporters of the group fanned out across the area around the Temple, and collected an impressive quantity of items.

As well as the expected cans, bottles and food wrappers, there were several discarded items of clothing, a blanket and some mysterious objects which defied identification.

Dwight Wood, chairman of the Friends, led the group of litter-pickers. He thanked Epping Forest staff for their assistance, and said: "Everybody who took part thought it was great fun, and a good way to spend a couple of hours in enjoyable company, while contributing to the upkeep of our local environment. We hope to see lots of new faces next time."

For more information on the group, visit [www.wansteadpark.org.uk](http://www.wansteadpark.org.uk), follow @FWP2009 on Twitter, and or search for Friends of Wanstead Parklands on Facebook.

## Nightlife award

GANTS Hill's blend of American diners, quality international restaurants and renowned nightclubs has been rewarded with the Purple Flag award.

The Flag recognises the town's performance in the evening and through the night and is tested on a wide variety of categories such as range of venues, transport, crime, cleanliness and character.

The assessors were particularly impressed with the range of alcohol-free venues, integration of the town with the growing number of events at Valentines Mansion and Gardens and Valentines Park. They also liked the partnership between the police and businesses, which includes provision of taxi marshals, car park patrols and street cleaning, as well as a nice line in real ales.

Councillor Thomas Chan, Redbridge Council's cabinet member for regeneration and property, said: "The news that Gants Hill has received such high acclaim for its night-time offer will come of little surprise to those that often take advantage of its businesses, independent restaurants and night-spots."



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## RGB wins the ERT Industry Award for the 3rd year running

MULTI Award winning company RGB has won the prestigious ERT Industry Award for Consumer Electronics Showroom Of The Year 2012/2013. The award will proudly sit with the two previous ERT awards amongst several others. The ERT Awards are widely regarded in the electrical industry as the must have award to win.

The national awards ceremony took place on Monday October 22 at the Grand Connaught Rooms, central London. It was co-hosted by ERT's editor Sean Hannam and managing director Andrew Davies. Hundreds of entries had been received, with retailers from

right across the country. It was revealed that RGB had won "Best Consumer Electronics Showroom Of The Year", directors Jason and Dennis Digwa stepped up on stage to receive the award. Also in attendance was Bryan Lovewell, CEO of RETRA and Stuart Cook, CEO of CIH Group.

"To win the ERT award last year was an amazing achievement, however to win for the third year running is a true landmark," said Dennis Digwa. The ERT awards are based upon all aspects of electrical retailing. These include store displays, quality of staff and customer service. Mystery shoppers are also

sent into store to independently check standards. "I would like to dedicate this award to all our staff and our customers for their continued support over the last 21 years," said Jason Digwa.

The RGB showroom sets the benchmark for electrical retailing. With 10,000sqft, showcasing all large screen TV's from all the leading brands RGB really are the "Big Screen Specialists"

RGB now also offers 0 per cent finance on selected products. They also stock all home appliances, from washing machines, fridge freezers to ovens, cookers and with their new price promise, why shop anywhere else?

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Departs 7 December 2012

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#### Price includes

- Return coach travel and ferry/Eurotunnel crossings
- Two nights' bed and continental breakfast accommodation in a good hotel in the Flanders area of Belgium
- A visit to the Christmas market at Bruges
- A visit to the Christmas market at Ostend
- A visit to the Christmas market at Valkenburg
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- Admission to the Best Mate Enclosure on two days (Tattersalls Enclosure upgrade available for a supplement)
- The services of a Tour Manager



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#### Price includes

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- Return ferry/Eurotunnel Channel crossings
- Four nights' halfboard accommodation in a twin/double room with private facilities in family-run hotel in the Rhine/Moselle Valley area
- Christmas Turkey Dinner with wine
- A visit to Rüdesheim on the Rhine
- A visit to Cochem on the Moselle
- The services of a Tour Manager



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# Students create some hair raising Halloween designs



SPOOKY: Lady Gaga and Snow White designs.

STUDENTS at Barking & Dagenham College's Technical Skills Academy let their imaginations run wild to create hair-raising halloween look-a-likes this week.

The students, all currently studying Level 2 and 3 NVQ Hairdressing and Level 2 Media and Make-up at the College, had to devise spooky looks for their models based on the theme 'The Darker Side Of Fame'.

The idea was to make their model look like a well known celebrity or famous character but inject a halloween twist, and they certainly achieved that with some spine chilling results. "All the students loved coming up with the crazy creations and their enthusiasm for the project had been exceptional," said Lee Demmell, operations manager at Headjogs, the on-site hair and beauty salon at the academy.

"The students have come together to create fantastic Halloween inspired looks incorporating hair and makeup to achieve the overall effect. All the students involved have shown great vision and creativity - even those that just started on their course last month."

Photography students at the College got involved with the project too as they took pictures the models once the hair and beauty students had completed the chilling celebrity looks.

Hairdressing student, Christopher Adams, 18, from Barking, said: "It's been a great opportunity for us to work on a theme that's so interesting and exciting. I also helped come up with the theme for the project - I thought it would allow everyone to be really creative, and it did."



FUN: Pupils from Stoneydown Park Primary School with then LOCOG Board Member Tessa Jowell, Leader of Waltham Forest Council Chris Robbins and Cabinet Member for Children and Young People, Clare Coghill, at the official opening of the Schools Open for Summer programme earlier this summer.

## Summer events programme is hailed a success

MORE than 11,000 young people took part in Waltham Forest Council's summer programme of events and activities - a rise of 33 per cent.

The figures include children and young people registering across a range of activities on offer in Waltham Forest as part of the Council's Schools Open for Summer programme, Summer University programme and events and activities at libraries.

"It's wonderful to get the figures back and realise that the investment we made and the effort everyone delivering the services put in was all worthwhile," said Councillor Clare Coghill, cabinet member for children and young people.

"We made a particular effort in our Schools Open for Summer programme this year, expanding from a base of 24 schools in 2011 to 54 this summer."

The four-week Schools Open for Summer programme was officially opened by Tessa Jowell in her capacity as LOCOG Board Member - tying in many Olympic themed activities that formed part of the offer.

"Because we made the programme so much bigger and better this year we were able to attract a much broader range of children and young people by offering everything from circus skills to creative writing," added Ms Coghill.

"When you consider kids had the best excuse in the world to sit in and watch telly this summer with the Olympics on, it's fantastic that we managed to attract so many youngsters to take part."

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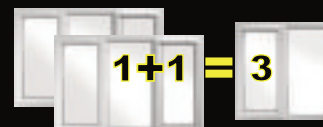
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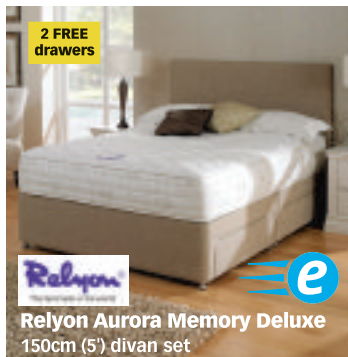
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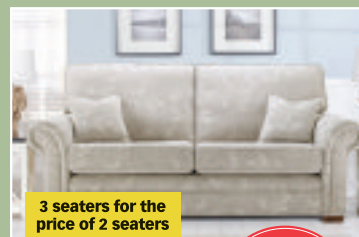
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PLEASE NOTE: We cannot guarantee that all entries will be included. However, you can add the details of your event to our website at [www.yellowad.co.uk](http://www.yellowad.co.uk)

### Saturday, November 3

- Table Top Sale - Chingford Old Church (All Saints), Old Church Road, opposite Cemetery, 10am, free admission, tea, coffee, cakes for sale, tables £8 paid in advance, £10 on day, sellers from 9am, contact Wendy 07752 304403, in aid of church funds.
- Tennis - Small friendly Tennis Club in Ilford, we play throughout the year, (Sat afternoons, Sun mornings and three weekday afternoons), low fees, over 50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.

### Sunday, November 4

- Walk - Ramblers' West Essex Group, meet 10.30am, road bridge near Epping Station, 10 mile circular from Epping Station to Mole Trap, via Garrow Bushes, Tawney Common and Beeches Wood, lunch stop at Mole Trap.
- Walk - Epping Forest HF Group, meet 10.30am, Chigwell Station, 7 mile linear walk Chigwell and Hainault Forest finishing Chigwell Row Church, bring packed lunch. 020 8504 1329.
- Walk - Ilford and District CHA Rambling Club, meet 10.30am Surrey Quays Station (over-ground), 6 miles through interesting dockland area, returning from Rotherhithe Station, dry lunch. 020 8926 4593.
- Strides Badminton Club - Wanstead Leisure Centre, Redbridge Lane West, Sundays 3.30pm, new members welcome, aged 18 years and over, all levels, beginners, average and advanced players, Mark 020 8598 8435 (before 9.30pm).
- Goresbrook Squash Club - We run Essex Squash Men's and Ladies teams every Sunday 6.20-9pm, £3. 07814 902002.
- Sunday Service - Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm. 07974 108350.
- Sunday Services, Kings Road Baptist Church, Chingford (junction of Kings Road and Scholars Road), 11am and 6.30pm.

- Sunday Services - Higher Life Christian Centre, Forest YMCA, 642 Forest Road, Walthamstow, 10am-noon.
- All Age Morning Service - Ridgeway Evangelical Church, The Ridgeway, Chingford, every Sunday 11am, further details Pastor, Paul John 020 8524 1410.
- Celebration - Eastern Avenue Baptist Church, East Road, Chadwell Heath, every Sunday 10.30am, all welcome. 020 8599 1479.

### Monday, November 5

- Meeting - Barking and District Historical Society, Harp House, 16 Helmore Road (off Goodey Road), Barking, 7.45pm, illustrated talk by Linda Rhodes 'Scandals at sea: sad tales of the Barking fishing apprentices', further details 020 8597 7210 or e-mail [barkinghistorical@hotmail.com](mailto:barkinghistorical@hotmail.com)
- Meeting - Buckhurst Hill Horticultural Society, St James' Church, Palmerston Road, Buckhurst Hill, AGM followed by 'Christmas Flower Arrangements' a talk by Kathy Stangaard, 7.30-9.30pm, all welcome, £1 including refreshments. 020 8504 3238.
- Friendship Club - Plume of Feathers Pub, Church Hill, Loughton, for singles 50 plus, Mondays 7.30pm, 07986 472527.
- Arts and Crafts - Unity Hall, Bramley Close, (off Oakfield Road), Walthamstow, friendly group for adults, every Monday afternoon. 020 8527 1454.
- Short Mat Bowls - Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, Mondays and Fridays 7pm, further details Tony or Heather 01708 340874.
- Music Circle - Music Listening Appreciation Group, Rectory Library, Rectory Road, Dagenham, every Monday 7pm (except Bank Holidays), admission free. 020 8592 8821.
- Rehearsals - Redbridge Ladies Choir, Canon Palmer School, Seven Kings, Mondays 7.45-9.15pm. 01708 780964 or 020 8550 8677.
- Rehearsal - The Roding Players Orchestra, Roding Valley High School, Alderton Hill, Loughton (opposite the Underground Station), every Monday, 7.15pm, new members welcome. 020 8505 4329.

### Tuesday, November 6

- Meeting, Diabetes UK Ilford and District Diabetic Club - The Drawing Room, Valentines Mansion, Valentines Park, Ilford,

## what's on

7.45pm, first Tuesday each month. 020 8500 9721.

- Meeting - Leyton and Wanstead Flower Club, Wanstead Quaker Meeting House, Bush Road, Wanstead, doors open 7.15pm for 7.45pm start, first Tuesday of the month, visitors £4, new members welcome. 020 8524 6526.
- Hainault Lodge Workday - Meet Redbridge cycling Centre car park, Forest Road, Hainault, join us for a day of practical conservation work at Hainault Lodge, 10am-2.30pm, adults. 020 8599 2316.
- Free Junior Hockey Sessions - Walthamstow Academy, Billet Road, E17 5DP, 7-8pm, Tuesdays (4 September - 4 December). 07909 913121.
- Club - Barking and Dagenham Plus, The White Horse Inn, 118 High Road, Chadwell Heath, meet new friends and get involved in the local community, for everyone aged 18-35, every Tuesday 9pm, free trial membership, Joe 07958 689339.
- Coffee Shop - Eastern Avenue Baptist Church, East Road, Chadwell Heath, every Tuesday 10am, games, videos, friendship, all welcome. 020 8599 1479.
- Senior Citizens Club - United Reformed Hall, Upney Lane, Tuesdays 1.30-4pm, fun, games, bingo, quizzes, buffets etc. disabled facilities, further details 020 8594 5249.
- Duplicate Bridge - Parkside Community Centre, (corner of Goodmayes Lane and Longbridge Road) Barking, Tuesdays 1.30-4.30pm, regret no beginners, call Jim (pref. evenings 5.30-6.30pm) 020 8592 0397.

### Wednesday, November 7

- Wings for Women Support Group - For women who have experienced Domestic Violence or Abuse, Wednesdays 6.30-8.30pm, 0208 556 7111 or 020 8923 7498.
- Meeting - Talking Hands, a friendly Club for the Deaf and Hard of Hearing, Wednesdays 10.45am-2.45pm, York Room, Ilford Library.
- Table Tennis, Forest Community, Guildford Road, Walthamstow, every Wednesday 8pm, new members welcome, details Ray Massey 020 8524 4289.
- Meeting - Friends Club, St Cedds Church Hall, Blythwood Road, Seven Kings (opposite Homebase), Wednesdays 1-4pm, short mat bowls and snooker, 50p per session.
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### Thursday, November 8

- Monthly Meeting - LGBT Asylum Peer-Support Group - ELOP Centre, 56-60 Grove Road, London E17, women only 5.30-7pm and LGBT mixed 7-8.30pm, further details 020 8509 3898.
- Friendship Club, The Beacon Tree Pub, Green Lane, Dagenham, for single over 45s, every Thursday 8.30pm, further details Marie 07939 989075/07977 747509.
- Cheeky Monkeys Playgroup - St John's Church Hall, Leytonstone, every Thursday 10am-noon, toys, crafts, singing. 07740 586926.
- Meeting - Wanstead Rotary Club, County Hotel, South Woodford, every Thursday 1-2.15pm, further details call David 020 8989 2701.
- Meeting - Barking and Dagenham Friendship Club, Methodist Church, London Road, Barking, Thursdays 2-4pm, £1.50 a session, mainly for people who have had a sad loss to make new friends. 020 8594 6409.

### Friday, November 9

- Friendly Club - Pensioners Club at United Services Club, Blake Avenue, Barking, Fridays 12.30pm-3pm, all pensioners welcome. 020 8517 6256.
- Meeting - Redbridge 18 Plus, York Room, Ilford, Fridays for 18 to 36 year olds, sports and social club.
- Pipes and Drums - Waltham Forest Pipe Band, Royal British Legion, 31 Dunton Road, Leyton, pipers, drummers and learners welcome, Fridays 8pm. 020 8520 1727.
- Mummy Boot Camp - Wanstead Youth Centre, exercise with your baby, Fridays 11am, to book call 07719 626642.
- Chigwell Row Folk Dance Club - Limes Farm Hall, Limes Farm Avenue, Limes Farm Estate, Chigwell, Fridays (term time), 8-10pm. 020 8590 5136.
- Come Sequence Dancing - Granham Community Centre, Marlborough Gardens, Fridays, details 01708 747437.
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### Public Notices

**SPECIAL TREATMENT LICENCE**

TAKE NOTICE THAT I, Mrs. Rakhshanda Nadeem have applied to the London Borough of Redbridge for the grant of a Special Treatment Licence in order that the premises known as Elegant Hair & Beauty, 119 Ley Street, Ilford, IG1 4BH may be open for business: Manicure/Pedicure, Massage and Facial, Electrical Treatments Waxing, Hair Dressing, Threading, Make-up.

Anyone wishing to oppose the application must give notice in writing to: Chief Community Safety Officer, Perth Terrace, Ilford, Essex IG2 6AT, WITHIN TWENTY ONE DAYS specifying the grounds of opposition. Persons objecting to the grant of a licence must be prepared to attend in person at a hearing before a committee of the Council.

Dated this 1st day of November, 2012

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### Bargain Buys

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**WHITE CERAMIC BATH-ROOM FURNITURE** slimline toilet & cistern, shell shaped vanity basin, gc, buyer collects, £40ono. Tel: 01702 542512.

**WOMENS BLACK LEATHER SKIRT** size 14, length 24in, vgc, £30. **Ladies black leather single breasted jacket**, vgc, size 14, £45. Tel: 01708 552 193.

**26IN SANYO FLATSCREEN TV** plus stand & remote control, exs cond, £75. Tel: 01375 842479.

**Bush Washing Machine** 1400 spin, white, excellent condition, hardly used, £95. Tel: 01708 509 750.

**COOKER** electric, low level grill, white, clean, modern, vgc, £99, possible delivery. Tel: 01708 469127.

**DISPLAY CABINET** for sale 2 piece, storage on bottom display on top with light, £45. Tel: 07837 782 242.

**EXERCISE BIKE** Kettler Stratos, as new, (cost £300), complete with manual, £99. Tel: 01708 447103.

**FRIDGE** under worktop size, clean, modern, white, vgc, £65, possible delivery. Tel: 01708 453490

**LADIES DRESSES** new or worn once, sizes 8, 10, 12, various styles & colours, from £5 to £19.99. Tel: 07500 017 161.

**SINGLE BED** little used as in spare room, good condition £25 buyer collects. Tel: 07867 794675 Benfleet.

**WHITE COT** drawer under, converts to first bed, £15. **PINE SINGLE BED**, £20. Tel: 0208 5317657.

**BOSCH 40/17 ELECTRIC CHAINSAW** as new, £50. **Bosch GB4 hammer drill**, £30. Tel: 01277 655 741.

**GRAVITY WALKER EXERCISE MACHINE** digital counter, good condition £25 ono. Tel: 01268 698 989 Canvey.

**TWO 4 X 4FT MATCHING GATES WITH POSTS** vgc, £60. Tel: 01702 512 192 or 07957 155 622.

**VENETIAN TRIPLE DRESSING TABLE MIRROR** best quality, new, cost £175, accept £50. Tel: 01702 231 871.

**CHICKEN WIRE** 9m long x 6ft high, green, includes delivery, £40ono. Tel: 07831 942 046.

**DELL 38IN TV** plus Sony HD blue ray DVD player, 3DP/3360, both £99. Tel: 07801 916150.

**ELECTRIC CAST IRON FIRE** glowing coals, fan heater, £35. Tel: 01245 225291

**FREEZER, 18IN SQUARE** white, ideal for overflow, vgc, £30. Tel: 01708 469127.

**INDESIT WASHING MACHINE** 1200 spin, almost new, £50. Tel: 07908 694072

**NEW COMPUTER CHAIR** blue fabric, £20ono. Tel: 01708 703618.

**SILVER DISHWASHER** standard size, £35 ono. Tel: 01375 846 363.

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**TENT** high gear, separate porch & footprint, vgc, only used three times, £99. Tel: 07802 611 034.

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**WRITING BUREAU** dark wood, good condition with key £35. Tel: 07808 129977.

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Orders are accepted by the Publishers subject to the Standard Conditions agreed between the Newspaper Society and the Institute of Practitioners in Advertising. Save that:

1. Advertisements are accepted on the conditions that (a) descriptions relating to goods are accurate and in no way contravene the provisions of the Trade Descriptions Act 1968, and the Fair Trading Act 1973, and (b) the copy complies with the British Code of Advertising Practice. Advertisements offering credit or hire facilities must conform to the Consumer Credit (Advertisements) Regulations 1980.

2. Classified Advertisers offering goods or service of a business, commercial or trade nature will, at the discretion of the Publishers, be deemed 'Trade Advertisers', and as such, must include their names in advertisements. A telephone number is an optional addition to these requirements and not an alternative.

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13. All accounts must be settled within the terms agreed by the Company and the Customer.

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16. All digital services are maintained in partnership with the publishers' hosting service providers. Every effort is made to ensure the continuity of these services, but some occasional technical downtime beyond the publishers control may occur. The publisher and its associated companies shall be under no liability if the production and distribution of web services is delayed or prevented by any cause beyond the control of the publisher.

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Box Numbers  
Boxes are open for the receipt of bona fide answers and are not available for distribution of trade canvassing matter. Original testimonials, goods, cash, stamps or payments of any kind must not be enclosed. A box Number and postal address are charged as part of the advertisement, i.e. Box No., centre address.

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All advertising must contain the name of the advertiser, phone number alone are not permitted.

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The service you have requested may require us to carry out a credit search at a credit-referencing agency, which will record the fact that a search has been made. We may need to share your information with other lenders and credit reference agencies. However, we will only use the information from these searches to make credit-granting decisions and, if necessary, for fraud prevention or tracing debtors.

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Special conditions apply with regard to the advertising of adult services, which are outlined to all persons submitting such advertisements.

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please call for website details

*7pm till 7am*

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**30 Minute Arrival**  
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**STAFF REQUIRED**  
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Please call for  
website details

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Yellow Advertiser, London & Essex Newspapers advises readers that the content of the advertisements in this section relate to products and services of an adult nature. We accept these for publication in accordance with guidelines issued by the Newspaper Society and the Advertising Standards Authority, together with our own policies and procedures. If you have any concerns or comments about the nature of the material in this section, or complaints about specific advertisements, please contact:  
**Scott Wood on 01268 503400 or write to  
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36P  
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AC: Mail/Postbox Cost M1 10p. Call recorded & cost 30p per minute + network extras. Over 18s. We may send promo mgs. Helpline 0844 848 1204.

**To advertise  
in this  
section  
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**Yellow Advertiser 01268 503400**

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ESCORTS**  
**7pm till 7am**  
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**07702 388 028**

*Essex Girlz*

**01702 555 455  
07774 671 615**

**CALL  
FOR  
WEBSITE  
DETAILS**

**VISITING  
GIRLZ  
6pm  
to  
6am**

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**CHEAP CHAT**  
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18+ Helpline 0844 944 0844. 0871 = 5p per min. Network extras apply. Live calls recorded. SP-40.

**GAY  
CHAT**  
Gay, Bi or just  
Curious you'll  
find plenty of  
GUYS to chat  
to here.

**0871 908 9750**  
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SEX**  
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HORNY LADIES!**  
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to 100s of  
gorgeous guys  
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**CALL NOW!**  
**It's free\* girls!  
0800 075 3634**  
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**ADULT INTERESTS**

Calls cost £1.53 per/min at all times. TEXT 87070 cost £1.50 per message. Mobile call charges may vary. JMedia UK, London, SW4 7BX. wc **291012**

**Simply dial the number below the advert!**

**ANNE** new to the area, loves travel, cinema, theatre, seeking same happy male to share social, fun, romantic and loving times together. Status unimportant. **Tel No: 0906 500 6358 Box No: 388977**

**MICHELLE** fit trendy 40's female, no ties, good job, OHAC, fun to be with, looking for honest trustworthy male for friendship, poss ltr. **Tel No: 0906 500 6358 Box No: 389757**

**MARTHA** 36yr old busty black female with many interests seeking genuine loving male who enjoys home cooked food, fussing and good conversation. **Tel No: 0907 308 0272 Box No: 387065**

**SUE** 45yr old slim attractive blonde, loves working out, cooking, meals out, animals, looking for romance and good times with appreciative male. **Tel No: 0906 500 6358 Box No: 381711**

**TANYA** mixed race beauty 34, tall, slim, active, intelligent, romantic, feminine, discreet, WLTm older male who can appreciate a sensual female. **Tel No: 0906 500 6358 Box No: 377985**

**DEBBIE** attractive young looking divorced female, seeking male who wants but does not need a special someone in their life, single dad welcome. **Tel No: 0906 500 6358 Box No: 390077**

**LYNN** 37 single mum, petite slim and very pretty, seeking caring funny guy to be with and become my Mr Wonderful. Dads welcome. **Tel No: 0906 500 6358 Box No: 386633**

**BARBRA** stylish feminine professional, many interests, social, good natured, looking for trustworthy male for good company and romance. **Tel No: 0906 500 6358 Box No: 375151**

**CAROL** 39yrs attractive slim brunette just looking for genuine caring man for romance, meals in and maybe more. Any age. **Tel No: 0906 500 6358 Box No: 375575**

**LISA** independent 34yr female, v.attractive, curvy, many interests WLTm male to give me lots of adult attention with no ties. **Tel No: 0906 500 6358 Box No: 397399**

**HI I am** Marion a blonde brown eyed homely girl who likes the company of other people, looking for male 45plus to fall in love with. **Tel No: 0906 500 6358 Box No: 397393**

**ZOE** 31yr old independent petite redhead, very pretty, good figure, confident, seeking male for tic without complications. ACA. **Tel No: 0906 500 6358 Box No: 388957**

**TASHA** single working mum seeks light hearted man, 35-45 who also likes to enjoy life to the full for passion, romance and tic. **Tel No: 0906 500 6358 Box No: 387047**

**SUSAN** gorgeous 29yr old lonely Scottish lass new to area and at loose end, seeking reliable caring male up to 40yrs for friendship/more. **Tel No: 0906 500 6358 Box No: 393465**

**DEBBIE** attractive petite brunette with big blue eyes looking for good company from romantic educated male. Status/age unimportant. **Tel No: 0906 500 6358 Box No: 393511**

**TANTALISING** temptress! Now I have your attention! Diane passionate lonely lady looking for male companionship, cosy nights in and more. Any age/looks. **Tel No: 0906 500 6358 Box No: 377507**

**ALISHA** blue eyed petite brunette, like to keep fit, cooking, holidays, seeks male 30-45 for special times. **Tel No: 0906 500 6358 Box No: 392399**

**MICHELE** very attractive black single mum, 32yrs, someone who could take home to your mother, seeking a one in a million guy. **Tel No: 0906 500 6358 Box No: 391879**

**PRETTY** petite dark hair/eyed 28yr old divorced single mum, great figure, lots of interests, OHAC, seeks genuine male also looking for someone special in their life. **Tel No: 0906 500 6358 Box No: 381721**

**NATALIE** professional 30's female, no ties, everything a classy blonde should be, looking for special times with male up to 65yrs. **Tel No: 0906 500 6358 Box No: 391871**

**CHRIS** attractive slim sophisticated redhead, seeking male 30-50's to relax with and get to know. Discretion assured. **Tel No: 0906 500 6358 Box No: 392401**

**CARRIE** 38 blue eyes, blonde, voluptuous, curvy, looking for professional gent up to 50yrs LTR. Call me to meet up for a casual drink and chat. **Tel No: 0906 500 6358 Box No: 380881**

**LISA** sexy blonde 31yrs, extremely fit and outgoing, seeking male for casual friendship with benefits. Discretion assured. Any age/looks. **Tel No: 0906 500 6358 Box No: 380879**

**SOPHIE** lonely fun attractive female, 21, looking for fun nights out and cosy nights in with similar male, any age/looks. **Tel No: 0906 500 6358 Box No: 389731**

**ALISON** single caring attractive professional looking for adult companionship with understanding male. **Tel No: 0906 500 6358 Box No: 388119**

**DEBBIE** slim outgoing approachable attractive lassie, 33yrs, GSQH, sporty, looking for non serious fun male for friendship, maybe more. Any age/looks/status. **Tel No: 0906 500 6358 Box No: 387101**

**JEAN** blue eyed slim blonde, certainly not looking for time wasters, WLTm likeminded male to enjoy cuddles and all the simple things life has to offer. **Tel No: 0907 308 0272 Box No: 387067**

**DAWN** 33yr old female looking for discreet companionship with understanding, non jealous, respectful male 35-55yrs. Status unimportant. **Tel No: 0906 500 6358 Box No: 383065**

**MEL** tall curvy attractive blonde, loves cosy nights in with a good bottle of wine, looking for some male attention and company. **Tel No: 0906 500 6358 Box No: 397971**

**BECKY** single 29yr old slim female, attractive, blonde, seeking good times with fun male who does not take life too seriously. Status/age unimportant. **Tel No: 0906 500 6358 Box No: 383057**

**PAT** well travelled outdoorsy type, easy to get on with, social, seeking guy for casual friendship maybe more. Any age/status/looks. **Tel No: 0906 500 6358 Box No: 379893**

**JULIE** pretty blonde blue eyed single mum, 30yrs, WLTm nice male for fun meets, meals in/out and to get to know. Looks unimportant. **Tel No: 0906 500 6358 Box No: 377981**

**ALICE** 18yr old tall blonde carefree student, looking for exciting male 18-30 for good times only. ACA. **Tel No: 0906 500 6358 Box No: 387107**

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# Barking and Dagenham YellowAdvertiser



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[www.theslimlineclinic.co.uk](http://www.theslimlineclinic.co.uk)

Morland House, 12-16 Eastern Road, Romford RM1 3PJ



## So what's it all about?



Our non-surgical Ultrasonic Liposuction makes losing inches from areas of your body such as your belly, hips, arms, legs and back easy! Those stubborn fatty areas of your body you would like to change will become flatter and firmer, in as few as 12 sessions of completely painless Ultrasonic Liposuction. You will be massaged, twice a week with ultrasound by our qualified, experienced consultants, ensuring you are looking and feeling fabulous!

We use Ultrasound technology similar to the kind used to carry out baby scans in hospitals, we even use the same gel. During the painless therapy all you will feel is a nice, warm sensation. This warm sensation is the fat turning to liquid and beginning to drain from your body.

As the Ultrasound passes through the fat cells inside your body it causes them to vibrate against each other, this causes the fat inside to change from a semi-solid state and to become a liquid. Once liquefied, the fat will begin to drain from the cell. The fat then passes through the lymph node system and exits the body through the digestive system in the normal manner. The fat will continue to drain from the body for the next 72 hours. To maximise lymph drainage and achieve the best results we recommend increasing activity levels to increase blood circulation.

Your consultant will chart your success and let you know exactly how many inches you have lost since your last session by measuring your target area before each treatment. We expect clients will need somewhere between 8 – 12 sessions per area to achieve their goals. You should allow 30 minutes per appointment and 3 days should be allowed between treatments.







One of our success stories...



Before



After

**Who:** Leslie Carey, 39

**Where:** The Slimline Clinic Nuneaton

**When:** 6 Weeks, June 2011

**What Happened:** Leslie had Ultrasonic Liposuction on her stomach and inner thigh but only lost  $\frac{3}{4}$  inch after 1st visit. She then lost 2  $\frac{1}{2}$  inches after her 2nd visit, before losing 16 inches in total over the course of her therapy.

**How:** We focussed Ultrasonic Liposuction on Leslie's inner thigh and stomach once a week (1 session on each area) for 6 weeks. After her 1st session Leslie ate take away food on 4 of the evenings, as well as drinking several pints of beer most nights. This resulted in slow progress. However, after only losing  $\frac{3}{4}$  inch in week 1, Leslie decided to drink a little more moderately, ate more balanced meals and as a result she then lost 2  $\frac{1}{2}$  inches between her 2nd & 3rd treatments. Leslie then resolved to adjust her lifestyle, she started eating & drinking in moderation, while making an effort to be more active generally. Leslie went on to lose 16 inches in total over her course which took in 12 sessions each on her stomach & inner thighs.

**Why was Ultrasonic Liposuction Needed:** Leslie has a demanding job as a director of an engineering firm, this lead to Leslie having a poor diet of take away food & beer, with little activity in her daily life due to a lack of time. Leslie arrived for her 1st session as a size 16, standing at 5' 6" tall

**Where are they now:** After achieving her target size and shape Leslie had lost 16 inches from her stomach and inner thigh. After completing her course and armed with her improved lifestyle and body shape Leslie felt inspired to take up Exercise! She began walking 3 evenings a week and therefore needed no more sessions to maintain her new size and shape!

To find out more please visit [www.theslimlineclinic.co.uk](http://www.theslimlineclinic.co.uk)

Call **0844 567 7080** today  
to become the new, slimmer you!





## The science behind losing Inches & feeling great!

Non-Surgical Ultrasonic Liposuction from The Slimline Clinic makes losing inches easy, especially from stubborn fatty areas like your belly, hips, arms and legs. Better still, it's fast, 100% pain free and can allow you to reach your ideal size in as few as 12 sessions.

## Good vibrations

The treatment works using ultrasonic technology similar to that used in ultrasound scanning machines. The frequency of the sound wave targets fat cells, causing them to turn into a liquefied state. This liquid fat then drains away via the body's lymphatic system over the next 72 hours leaving treated areas with a flatter and firmer appearance.

The difference between The Slimline Clinic's Non-Surgical Ultrasonic Liposuction and surgical ultrasonic liposuction is we allow the body to naturally filter the liquid fat instead of making incisions in the patient and using a tool to suck the fat out which can cause pain, bruising and scars.

## 100% pain free

Our treatments are 100% pain free – in fact you will only feel a pleasant warming sensation as the ultrasound gets to work on your unwanted fat cells.

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